

RECIPE | TOMATOES

# TAMALE BITES



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# TAMALE BITES



45 min

10 min  
PREP.

35 min  
COOKING



12



easy

## INGREDIENTS

### For the filling:

- 4 Pure Flavor® Organic Roma Tomatoes
- 1 lb chicken, cooked & shredded
- 1 clove garlic, minced
- 1 cup water
- ½ cup onion, chopped
- ¼ cup sour cream
- 1 tbsp butter

- 1 tbsp fresh thyme leaves
- 1 tbsp fresh lime juice
- 2 tsp masa (corn flour)
- 1 ½ tsp ground cumin
- Salt & pepper, to taste
- Cooking spray
- Cilantro, chopped, for garnish
- Queso fresco, crumbled for garnish

### For the shell:

- 2 cups masa (corn flour)
- 1 ½ cups beef stock
- ⅔ cup vegetable shortening, melted
- 1 tsp baking powder
- ½ tsp salt
- 1 tsp ground cumin

## DIRECTIONS

- 1 Preheat oven to 350°F.
- 2 Dice the tomatoes and set aside ¼ cup for garnish.
- 3 Heat a large skillet over medium-high heat. Sauté the onion and garlic with butter for 2-4 minutes. Combine the tomatoes, chicken, masa, cumin, and thyme and stir well. Add water and bring to a boil, then lower the heat to simmer for 10 minutes.
- 4 Once there is no more liquid, stir in sour cream, lime juice and season with salt & pepper to taste.
- 5 Make the shells by mixing masa with baking powder, salt, and cumin. Add the stock and mix to a crumbly consistency. Pour in the melted shortening and mix by hand until smooth.
- 6 Spray mini muffin tins with nonstick cooking spray. Scoop the masa mixture into small balls and place in the muffin tins. Press a deep indentation in the center of the masa balls to form a cup.
- 7 Fill each shell with the meat mixture and bake for 20 minutes. Remove from oven and allow to cool 5-10 minutes before removing from tins.
- 8 Garnish with remaining tomatoes, queso fresco and cilantro. Serve warm.